

STATE OF MONTANA
DEPARTMENT OF ADMINISTRATION



NEWSLETTER
MARCH
2009



Health Care and Benefits Division
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2009 State of Montana Health Screening Schedule

Date	Time	City	Location
3/25	6:30 - 10:30 am	Billings	C'Mon Inn
3/26	6:30 - 10:30 am	Billings	C'Mon Inn
4/22	6:30 - 10:30 am	Polson	Senior Center 4 3 rd Ave. E
4/29	6:30 - 10:30 am	Miles City	Holiday Inn Express
4/29	6:30 - 10:30 am	Glendive	Comfort Inn
4/30	6:30 - 10:30 am	Sidney	USDA -ARS Meeting Rm.
5/6	6:30 - 10:30 am	Wolf Point	First Lutheran Church 415 Johnson
5/7	6:30 - 10:30 am	Glasgow	Cottonwood Inn
5/13	6:30 - 10:30 am	Havre	Great Northern Best Western
6/16	6:30 - 10:30 am	Great Falls	Holiday Inn
6/17	6:30 - 10:30 am	Great Falls	Holiday Inn
6/26	6:30 - 10:30 am	Hamilton	Elks Lodge
6/30	6:30 - 10:30 am	Helena	Capital Hill Mall (in conjunction with Health Fair)
7/1	6:30 - 10:30 am	Helena	Capital Hill Mall (in conjunction with Health Fair)
7/2	6:30 - 10:30 am	Helena	Capital Hill Mall (in conjunction with Health Fair)
7/7	6:30 - 10:30 am	Warm Springs	MSH Rooms A & B
7/8	6:30 - 10:30 am	Anaconda	Fairmont Hot Springs
7/9	6:30 - 10:30 am	Butte	Holiday Inn Express
7/15	6:30 - 10:30 am	Deer Lodge	DOC Training Center
7/16	6:30 - 10:30 am	Deer Lodge	DOC Training Center
7/23	6:30 - 10:30 am	Kalispell	Hampton Inn
7/24	6:30 - 10:30 am	Kalispell	Hampton Inn
7/28	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
7/29	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
7/30	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
7/31	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
9/23	6:30 - 10:30 am	Helena	Front Street Learning Center
9/24	6:30 - 10:30 am	Helena	Front Street Learning Center
9/25	6:30 - 10:30 am	Helena	MDT Auditorium
9/29	6:30 - 10:30 am	Columbia Falls	VA Chapel
10/6	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/7	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/8	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/9	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/15	6:30 - 10:30 am	Shelby	Marias River Electric Co-op
10/27	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/28	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/29	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/30	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
11/4	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
11/5	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
11/6	6:30 - 10:30 am	Boulder	MDC Multipurpose Room

Employees, retirees and their dependents over the age of 18 on the State of Montana health insurance plan are eligible for one FREE health screening per year. To register visit www.benefits.mt.gov/wellness.asp and click on "Health Screenings," scroll to the bottom, pick a city, and press "Continue."

Important! Pre-registration for appointments is essential. If you do not pre-register, you must bring your employee ID number to your health screening.

Don't know your employee ID? It is the 6-digit number found at the top of your paycheck, on your ID badge, or by calling your payroll office.

NEW! \$5 Discount

Participants covered under the State of Montana health care plan may be eligible for a **\$5 discount off their monthly health care premiums!** The discount will be given for the 2010 plan year. To be eligible for a \$5 discount, the policy holder must participate in a health screening during 2009. To be eligible for a \$10 discount, the primary policy holder and a spouse or dependent covered under their plan must participate during 2009. Joint core participants are both eligible for the discount; if they have two or more eligible dependents attend a health screening, both the primary and the partner policy holders will receive a \$10 discount. Discounts will not exceed \$10 per month per policy holder.



For registration instructions, a schedule of screenings for 2009 and Frequently Asked Questions (FAQs) about this discount, please visit www.benefits.mt.gov/wellness.asp.



Safety Tip of the Quarter

The key to safety and health excellence lies within management leadership. Leadership empowers employees to get involved and take ownership of safety. The winning combination of leadership and employee engagement sets successful organizations apart. Now is a great opportunity to engage employees and management together by establishing a Safety Committee within your agency.

The safety committee regularly meets monthly or quarterly in a non-adversarial, cooperative effort to promote occupational safety and health in the workplace. It is an opportunity for employees to assist management and make recommendations for change regarding safety issues. It is a joint effort to detect and correct workplace hazards, reduce injuries and illnesses, and increase safety awareness. The committee is visible and approachable for safety and health concerns, suggestions, and problem solving. Get yours started today! For questions or more information, call Cinda Seys at 444-0122.



March is Colorectal Cancer Awareness Month

Colorectal cancer is common in Montana: 475 people are newly diagnosed and 175 people die from it each year. It is the third most common cancer in Montana, after prostate and lung cancer for men, and after breast and lung cancer for women. The risk of developing colorectal cancer increases with advancing age. More than 90% of cases occur in people age 50 or older.

Nearly 80% of colorectal cancer could be prevented by screening methods that find precancerous polyps and lesions. Several tests are available to screen for colorectal cancer. Some are used alone; others are used in combination with each other. Talk with your doctor about which test or tests are best for you.

- Colonoscopy (every 10 yrs)
- Fecal Occult Blood Test (FOBT) (every year)
- Flexible Sigmoidoscopy (every 5 yrs)
- Double-Contrast Barium Enema (every 5 yrs)



Looking Ahead: Return to Work for State of Montana Employees

Changes are in the works for State of Montana employees in the area of staying at work or returning to work after a work-related injury or occupational disease. Currently many State agencies try to bring back injured workers as quickly as possible. Providing work for a person with temporary physical limitations is not impossible, but the task may seem overwhelming when placed on a supervisor or Human Resources officer as "other duties assigned..."

Our new program takes Return to Work and makes this process a team effort. People on the team will include a Team Coordinator, the supervisor, the injured worker (yes, injured workers will be *directly* involved with their own return to work development!) and others as appropriate. Teams will have resources available to help in the safe & healthy return of injured workers to their work environment.

One great advantage of the new program is that every individual employee will prepare for the possibility of needing Return to Work long before any work-related injury or occupational disease occurs. How? By filling in Work Ability Forms that clearly and simply describe physical tasks performed throughout the work day. These Work Ability Forms become a proactive tool to use if modifying a job becomes necessary.

The Workers' Compensation Management Bureau (WCMB) will be training all State personnel on this new program and will offer ongoing support. We look forward to working with you!



Spring Fitness 2009 Fun, Fitness, Prizes!

April 20 - June 12

It's almost here! Start getting together your team for another fun Spring Fitness event. Spring Fitness is the State of Montana Healthy Employee Lifestyle Program (SOMHELP) annual fitness event. It is designed to provide a fun, easy way to improve or maintain your health by charting and increasing the number of steps you take each day. It is an 8-week program for ALL State of Montana employees. Participants may choose to participate as a team or as an individual. Spring Fitness is designed around walking, but all physical activities can be counted. Pedometers will be available for purchase.

Registration will begin in March. Visit www.benefits.mt.gov/wellness.asp and click on "Spring Fitness."



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